

HEALTH: HOSPITALITY



Practical Cookery: National 4

Why Hospitality: Practical Cookery?

Healthy, tasty food is crucial to our wellbeing. The course will suit you if you love food and cooking and want to develop your skills in this area.

Being able to cook for yourself and others is a valuable life skill and can lead to a range of careers, including working in hotels and restaurants, the health sector and the food industry.

Course Outline

This course contains both practical and written aspects and is relevant to the world of work. You will learn how to choose ingredients, prepare dishes and present them well. You will learn how to work safely and hygienically while developing your cookery, food preparation and organisational skills.

The course has *three* compulsory units plus **an added value unit** that assesses your practical skills:

- Cookery Skills, Techniques and Processes
- Understanding and Using Ingredients
- Organisational Skills for Cooking
- Added value unit – two course meal to be prepared in one and a half hours

Assessment

Your work will be assessed by your teacher on an ongoing basis throughout the course in accordance with SQA regulations and the AVU comprises a final 2 course meal cooked under assessment conditions once the assessment booklet is completed.

Hygiene and Safety

Pupils who choose this will have to be aware of the strict hygiene and safety operated in a food room. No painted, false, gel, acrylic, long nails, appropriate clothing and footwear and hair tied back, are all necessary to ensure high standards of food safety when in the kitchen.

Progression

If successful you may wish to enroll on a:

National 5 Hospitality: Practical Cookery course

HEALTH: HOSPITALITY



Practical Cookery: National 5

Why Hospitality: Practical Cookery?

Healthy, nutritionally balanced food is crucial to our wellbeing. The course will suit you if you love food and cooking and want to develop your skills in this area to a very high level.

Being able to cook for yourself and others is a valuable life skill and can lead to a range of careers, including working in hotels and restaurants, the health sector and the food industry.

Entry to the course

- A pass at National 4 Hospitality Practical Cookery
- A genuine interest in pursuing a career in the food industry or the health sector.

What does the course involve?

The course consists of 3 units plus a practical assessment -

- Cookery skills, techniques and processes
- Understanding and using ingredients
- Organisational skills for cooking
- Course Assessment = Practical Assignment

The course is designed primarily as a practical course and aims to provide the development of techniques and skills required for food production appropriate to today's home and hospitality situations.

How is your work assessed?

To gain the award of the course the student must pass all the unit assessments as well as the practical assignment. These include both **written & practical work**.

Examination Assessment comprises a final exam written time plan, equipment list and service details, prior to the assignment to plan, produce & present a three course meal. In addition there is now a final written paper which is completed in the main exam diet. The course assessment is graded A-D

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Practical cooking is an integral part of this course. Pupils may cook up to 4 dishes per week. These dishes will serve 2-4 people. Pupils opting for the course must provide:

Payment for the ingredients and containers supplied by school - Total £90 for session